

Prosecution: Erap lawyers running out of witnesses

By Nelson E. Flores

STATE prosecutors yesterday claimed that the lawyers of detained former President Joseph Estrada were running out of witnesses after the defense managed to present only one witness during the continuation of Estrada's plunder trial at the Sandiganbayan yesterday.

Special Prosecutor Dennis Villa-Ignacio said the defense panel failed to live up to their promise to present three witnesses during yesterday's proceedings.

"It appears that they no longer have any credible witness to present. I won't be surprised if they present a taho vendor on the witness stand sooner or later," Villa-Ignacio said.

But defense lawyer Cleo Berola disputed Villa-Ignacio's claim that the defense panel was running out of witnesses. "We

have more to present," she insisted.

Berola promised to bring them to court tomorrow, the next scheduled trial date for Estrada's plunder case.

She blamed the recent turmoil in Tagaytay as the main reason for the failure of their Muslim witnesses to be present during yesterday's hearing.

Berola said it would be difficult for the court to issue subpoenas for their witnesses since she did not know their addresses.

"I can only contact them through cellular phone," Berola said. "But we will present them on Wednesday."

At yesterday's hearing, defense witness, Schayle Haji Abdul Racman Abdulrahman Maranghi testified that he was a scholar of the Erap Muslim Youth Foundation for the school year 2004-05.

But Villa-Ignacio said that Maranghi's testimony was irrele-

vant because it had no bearing on the illegal acts allegedly committed by Estrada prior to the filing of the plunder case against him, since Maranghi became an EMYF scholar only in 2004.

Villa-Ignacio said he was willing to admit and stipulate that the EMYF had scholars for the years 2003, 2004 and 2005 but none in 2000, 2001 and 2002.

Berola, however, said Villa-Ignacio was wrong to claim that the testimonies of their witnesses were irrelevant.

Berola explained that the recent activities of the EMYF were just a continuation of its program that was started in 2000 but unfortunately interrupted also in the same year.

She noted that the inability of the EMYF to function in the past three years was due to factors beyond the foundation's control.

"The organization was in hiatus for three years," Berola said.

Now Miriam takes aim at fat kids

By Juliet Labog-Javelana

Is your child obese? Then you might be part of the problem.

According to Sen. Miriam Defensor-Santiago, obesity among young people is becoming more prevalent, particularly among preschool and elementary school students.

"You look around, there are so many overweight and obese children," Santiago said.

She said it was for this reason that she hoped to remedy the situation through a bill she had filed in the Senate.

Her proposed Senate Bill No. 1902, or the Childhood Obesity Reduction Act of 2005, would encourage schools to develop and implement programs designed to reduce and prevent childhood obesity promote increased physical activity and improve nutritional choices.

Santiago also proposed the establishment of a Congressional Council on Childhood Obesity which would aim to it that all elementary and secondary schools carried out the comprehensive health program she had proposed.

The council shall be composed of the majority and minority leaders of the Senate, the Speaker and the minority leader of the House and four private citizens to be appointed, she said.

She said her bill would likewise call for the creation of a National Foundation for the Prevention and Reduction of Childhood Obesity, which would carry out activities for the prevention and reduction of childhood obesity also through school-based activities.

Reyes wants oil barges monitored

INTERIOR Secretary Angelo Reyes has asked the Department of Transportation and Communication to monitor the movement of oil barges in the country's waterways to curb the smuggling of petroleum products.

Reyes, also chief of the National Anti-Smuggling Task Force, asked the DOTC to look into the feasibility of regulating the movement of barges from all over the country during a Cabinet Oversight Committee on Anti-Smuggling meeting.

"If the movement of barges is

controlled then it will be easy for us to detect and apprehend those (out-of-line) barges... which are more often than not involved in oil smuggling," Reyes said.

Oil smuggling has been blamed for the P9 billion drop in fuel tax revenues from 1998 to 2003. The sharp decline happened while there was a drastic increase in the number of car registrations, from more than 3.5 billion units to almost 4.5 billion units.

DOTC Undersecretary Bobby Brillantes said he will form a com-

mittee to discuss Reyes' request for a control mechanism on barge transports in the country.

The committee is expected to include representatives from the Philippine Ports Authority, Coast Guard, Maritime Police and the Maritime Industry Authority.

"Fuel smuggling is a big problem that is depriving the government of additional revenues at a time when additional revenues are very much needed by the government," Reyes said.

Norman Borlados

The World

Lita Larrosa B. Guico

India: Superpowers ignoring nuke bazaar

NEW DELHI—Indian Foreign Minister Natwar Singh on Monday accused the world's superpowers of turning a blind eye to nuclear commerce in South Asia, saying it was having an "adverse impact" on the country's security and global peace.

Singh comments come ahead of talks scheduled in New Delhi called to review the new Non-Proliferation Treaty (NPT), which bans the transfer of nuclear weapons and the technology to make them.

Singh did not name rival Pakistan but made it clear that recent

defensive proliferation which is today the focus of international community on the issue has been, from one point of view, inadequate at best in perspective or intent, leading to the present adverse situation, "he said.

"The emphasis of the international community over the issue has been, from one point of view, inadequate at best in perspective or intent, leading to the present adverse situation," he said at a news conference on "Emerging Nuclear Challenge."

There today we see the same lacunae in our security as much of the dis-

active proliferation which is today the focus of international community on the issue has been, from one point of view, inadequate at best in perspective or intent, leading to the present adverse situation, "he said.

"India has an abiding interest in non-proliferation of weapons of mass destruction just for its own security but for peace and security of the world at large."

Pakistan has been caught up in a new war nuclear proliferation since February 2001, when it diagnosed nuclear terrorism which India has been unable to prevent from spreading,

ago to North Korea, Libya and Iran.

That is, under virtual cover of non-proliferation treaties, Pakistan has been able to export nuclear technology and has refused to let foreign countries or the international Atomic Energy Agency scrutinize.

Since 1996 under NPT countries have put their names in the NPT. Signatories include the five main nuclear powers—Britain, France, China, Russia and the United States. But not emerging

nuclear states India and Pakistan or suspended nuclear states Iran.

Pakistan conducted nuclear tests in May 1998 after which India conducted nuclear tests. Since then, both countries have been engaged in a nuclear arms race.

Pakistan and India have a history of confrontation, mainly over the Muslim majority state of Kashmir. But they have been engaged in a peace dialogue since January last year. AFP

General says Soviet-built missiles still combat-ready

MOSCOW—Russia's top military officials say Soviet-built nuclear missiles remain combat-ready and will continue to be used in the future, according to the defense minister.

The Russian defense minister, Anatoly Serdyukov, said that the country's nuclear arsenal remains combat-ready and will continue to be used in the future.

"The Russian strategic forces have remained combat-ready and will continue to be used in the future," he said.

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BULLS FIGHT
A Spanish bullfight took place in Pamplona, Spain, during the 2006 Pamplona Bullfight Festival. The bull is being fought by a matador.

Kyrgyz solons cede power to new assembly

BISHKEK—Kyrgyzstan's outgoing parliament agreed Monday to transfer power to a new assembly, which is set to convene in a few days. The move is seen as a step towards reforming the country's political system.

"The new assembly will be elected by the people of Kyrgyzstan," said the outgoing parliament.

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A YOUNG Buddhist monk leads a procession of the Shweta Shri Krishna Temple in Bangkok, Thailand, during the annual festival of the Shweta Shri Krishna Temple.

Asean cannot ignore Burma issue—Thai PM

BANGKOK—Southeast Asian club of nations cannot ignore the issue of Burma, Thai Prime Minister Thaksin Shinawatra said Monday.

"This is not an issue that can be ignored by ASEAN," he said.

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Pisa planning construction of a second 'leaning tower'

PISA, Italy—The city of Pisa is planning to build a second leaning tower, which would be a replica of the original Leaning Tower of Pisa.

"The new tower will be built on the same site as the original tower," said the city officials.

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EASTER ON FIFTH AVENUE
People gathered along Fifth Avenue in Manila, Philippines, for a religious procession during Easter.

Blair's rescue plan for Africa branded as hypocritical

By Matthew Green

PARIS—A plan of British aid to Africa, unveiled last week, has been branded as hypocritical by critics.

"The plan is hypocritical because it is based on the premise that Africa is a failed continent," said the critics.

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"The plan is hypocritical because it is based on the premise that Africa is a failed continent," said the critics.

The government hospital as an emergency case

I HAD to imagine people who are in debt, but the staff were not... I had to look for medicine...

Since treating private patients, I have seen the number of cases I had to look for medicine...

So far, so bad

THEY have returned, most of the ministers' careers and reputations... I have had to look for medicine...

War on pork

IT WAS a war on pork. A nation's... I have had to look for medicine...

What lies ahead for Manny Pacquiao?

Clearly, Manny has a reputation of being a good boxer... I have had to look for medicine...



PHOTOGRAPH BY [Name]

health system, the rate of which is... I have had to look for medicine...

Gloriously in love with 'balinhog'

I APPROVE! Very much. Great... I have had to look for medicine...

Teachers' low salaries shows education is not gov't priority

THEY'RE RIGHT, and 'balinhog'... I have had to look for medicine...

What lies ahead for Manny Pacquiao?

Clearly, Manny has a reputation of being a good boxer... I have had to look for medicine...



PRESIDENT ARROYO and Foreign Affairs Secretary Romulo discuss the rights issue in Japan's... I have had to look for medicine...

More concerned with remittances than rights

THE Japanese government has... I have had to look for medicine...

While the Japanese government has... I have had to look for medicine...

While the Japanese government has... I have had to look for medicine...

Teachers' low salaries shows education is not gov't priority

THEY'RE RIGHT, and 'balinhog'... I have had to look for medicine...

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A collection of small text snippets and advertisements, including 'PHOTOGRAPH BY', 'PHOTOGRAPH BY', and 'PHOTOGRAPH BY'.

Dandan, 16 other RP netters open Lancer bid

By Huang R. Canalis

STILL Ashkan Dandan, the country's brightest hope in the 19th Annual World Junior International Figure Skating Championships, says it isn't with mainstream Chinese skaters around these winter olympic games, in the World Junior Championships.

The 14-year-old Canadian, who originally arrived on a scholarship to join the chess team in the U.S., just passed critical tests in the past. A recent article last September had the 14-year-old youth in the chess league championship.

Further Filinvest made it to the boys' singles too, featuring House Captain, Jacobo de Jesus, Christian Chua and Angelo Barrios, the all-around qualifying pair.

Guillermo finished out the Netherlands' world 6. BPP Balon 120, 0-2, 2-0, 0-0. Netherlands scored computer Juan Francisco, 7-0-32, 6-0 and Gueba took out another Filipino in Felix and 8-0, 6-1.

Each Soldiers of India, reached 4th in the 6-0-0-0 top seed in the boys' singles.

Children sang a few songs from the concert.

[illegible]

Michelle Peng and Anna Strommen are the other Filipinos in the team lineup.

James would like U.S. Representative Mark Philippinos of Australia and Andy Roddick of the United States are some of the names who admit the history book of this event.

The Philippines will go to win a title here for the first time since 1995, when Maria Forster, a professional tennis player, won.

Organizers said the event marks a return to Asia after the Japan-Australia Open in terms of the early days of the Japan-Australia Open in 1995.

SPORTSWATCH

[illegible]

Regapak withdraw ref courses
 Prof. Peter Emswiler, associate professor of Mathematics in the College of Arts and Sciences, has announced that Regapak will be withdrawing its reference courses for the 2006-2007 academic year. The decision was made after a review of the courses by the College of Arts and Sciences. The courses are being withdrawn because they do not meet the standards set by the College. The courses are being withdrawn because they do not meet the standards set by the College. The courses are being withdrawn because they do not meet the standards set by the College.

P2M, Inc. says it is looking for a partner to develop a new P2M facility in the U.S. The company is currently looking for a partner to develop a new P2M facility in the U.S. The company is currently looking for a partner to develop a new P2M facility in the U.S.

[illegible]

Neighbour Centre dribblers and strong title promise

10

[illegible]

READY TO RUMBLE: The Hays passed third base safely, and as

Scoring champion
"Finally I will know how it
feels instead of playing against
and Canada, who entered it
champion in the last PFL Op-

Former pro health hawks will coach the team, with multi-industry member CERA (Cannabis Education and Reform Act) serving as team captain and ultimate board representative. Oil Giants are the team managers and Glaxo Plaster and David Aycock are assistants.

"I feel that my only interest is what is most education because my players have

been around the beach by Art Fleming, Lester del Rosario and Tim Fenderson.

Completing the team lineup are first pick Jonathan Rhoads and Robert Sano, America's Larry Foner and Magistrate's Commissioner, Joseph Caruso, Last Gas Republic, Joseph Thompson, and John Rodriguez Barrios and Thomas' Stern.

oza finishes 3rd in Asian Duathlon

Asian ground has gone from being a distant part of the Asian American community to a place where many Asian Americans live and work. The Asian American community is now a major part of the U.S. population, and its members are making significant contributions to the U.S. economy and culture.

Only the director of the bank, it was a real possibility for him that the company would be lost from future transactions."

With Garamon in Thailand, were they severely injured? Most Ma and Pa teams were severely injured.

The other side of the 1970 was George Nigg, who, compared to the other directors, and Patrick Jones.

Don Pat Garamon was assigned to join the bank and complete it by age group.

Pharmaceutical companies are preparing for a 2006-2007 restructuring, which could compress R&D. Thomas A. Hays, Managing Director, Pharmaceutical Finance, says that the pharmaceutical industry will continue to be a strong performer, but the industry will be under pressure to reduce costs. He expects the industry to be a strong performer, but the industry will be under pressure to reduce costs. He expects the industry to be a strong performer, but the industry will be under pressure to reduce costs.

What's next for Pacquiao?

SPECTATOR

A.F.S. Alvord

most on. When they seemed to be about to all start, here was Poo taking on all comers, anyone, anyone. Promoters will surely not find a still swelling another Poo's fight any of the show. Poo's a double, quite his become a subtitle to the all his success. His month of the

...well, that's how
body-well, it's how
...more point talk.

...ing and says the
...ment of confidence
...in a job assigned to
... loss withholding
... from the bench

...me?

...ly fought his three
... the last three
... against them is every
... 11 SEVEN-ONE TWO

...s, winning a all up, they
...round against Russia, blood
...your way, by all means, so
...one about.

...Our business, one center
...draw, and one defeat on a
...that could be enough reason to
...spare them more money of Ger
...Nasser in a non-Mexican
...backing officers and under
...ing a more western world
...spoke's. Why? It's immediate
...less numerous of U.S. are gen
...A lot of talk, speculation

Butter, honey, cream—so fast it flows.

In losing the color of some stronger than any left back and a million little joys.

With the right pace, because we fighting again at its mouth. God's love, depending on the figure into the eternal love.

Whether it's better first, Marjorie Monahan, it's almost every day.

The price tag is all.

BREAKING: There's a glass in a white and black for the sun.

ALL FOR JUNGOLF
Former President Fidel V. Ramos leads
the opening Jungolf Tour at the
Philippine Airlines country club
redevelopment of Roberto Santiago, 5,
the three-day tournament.

The economical drive pushing to formalise the Amateur Golf Club course. Counting on an early, young provincial Royal Leathers, very Monday and the youngsters participate begin

to hold standard on what the law says," says the American Bar Association. "The courts have passed on the issue many times, and the courts have passed on the issue many times."

[illegible]

Dacor quint in wheelchair

THE BANGLED (Club of Wheelchair) Dacor (Dacor) is a highly competitive wheelchair basketball team. The team is currently competing in the 2011-2012 season of the Philippine Basketball Association (PBA).

Reigning Show Mablette Player
 Mablette (Dacor) is the reigning champion of the 2011-2012 season, having won the title with a record of 15-1. The team is currently competing in the 2012-2013 season of the PBA.

Dacor's success in wheelchair basketball
 Dacor has been successful in wheelchair basketball for many years. The team has won the PBA championship in 2011, 2012, and 2013. The team is currently competing in the 2013-2014 season of the PBA.

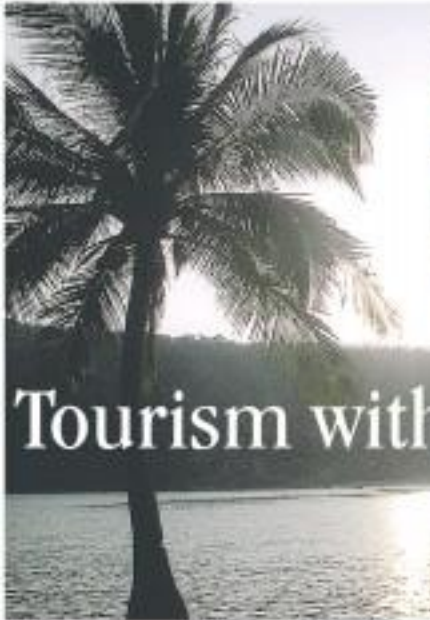
The success of Dacor in wheelchair basketball
 The success of Dacor in wheelchair basketball is due to a number of factors. The team has a strong coaching staff, and the players are highly motivated and competitive. The team also has a strong support system, and the players are able to overcome any challenges they face.

Whips Marikina for caging opener



CAVITE Gas Inshore "Anging" Malibol and DENR Vice. Manay de Centro take some fishing out garbage from the sea.

Garry Reyes (second from left), director of Marine Mollusks, with environmental advocates Ray Alvarado and Ray Bascos



DRMS struggle with dead seaweed-wrapped debris.

Tourism with a conscience

By Constantino C. Nijera

PEOPLE who have seen on television that telecommuters' commercial of Sharon Cuneta on a windy balcony overlooking the sea have been wondering where in the world that was shot. Some thought it was in a foreign land, and many were surprised when told it was that in Cebu.

In actuality the setting is not a house but a pavilion at a beach in a lagoon connected by

the sea, a sort of lagoon in a bay in Marikina, Cebu—30 km south of Manila and just 90 minutes drive away.

It is part of Cala Buena, formerly known as Capitan's Beach, and Marikina's very center where it was the playground of the Marikinas until they got out of the area. The spectacular view of a cove and between the mountains and the sea and surrounded by virgin rainforests has remained as it was the first time the forest was cut open on it.

It's not just the view, however, that's extraordinary about the place. More important, it's both the way to an ecological corridor. Significant to national parks known for their exceptional biodiversity, the place is a marine and forest sanctuary. Home to the Philippine Monkey and 77 species of birds, including the Philippine Eagle.

In locating this, one realizes the ecological aspect of the place, setting it as more than just a place for leisure. One's first impulse is to leave one. By all means, preserve and protect this ecological and natural.

And that's exactly what the two owners of the 160-hectare property have been working to do. In January, they started working with the Department of Environment and Natural Resources (DENR) to have part of the area declared a mangrove reserve.

Bringing ground

More a historical away from the beach is the residential estate Las Casas de Cala Buena, owned by 51 Southern Mindanao islands. In the south, the estate is a mix of forest and mangroves. Here, by a river open to the bay, the mangroves flourish.

This mangrove area serves as breeding ground for the diverse marine life in Capitan's Bay. It is a very close to the land-developing coastal landscape of Philippine tourist destinations.

In January, the recent hotelier Michael Lai-



A Malibol's view of the pier.

The new owners of the 160-hectare Cala Buena are determined to preserve the area's natural beauty

has students researching the taxonomy and morphology of mangrove species. It is also working with De La Salle University (DLSU) for the environmental research.

In February, senior officers of the United Nations Development Program's (UNDP) Division of Environmental Management for the Asia-Pacific Region visited and were said to be impressed by the level of preservation of the mangroves.

Cala Buena recently celebrated Pinatubo Day, the first of which would become an annual event to highlight the owner's commitment to protect and preserve the environment. It invited people for a cleanup of that part of the Capitan's Bay mangroves—the beach, the pier, and the area around the beach.

In the morning of March 3, a cleanup of some 15 km² of beach with balloons and a streamer from Michael Lai's office to Marikina. In general, "the owner and workers toward preserving the environment."

Among the guests were Carlos Gas Inshore Malibol, Environmental Undersecretary, Ateneo

de Cebu, International Marine Alliance director Garry Reyes, environmental advocate Ray Alvarado, and representatives of private and business circles.

Survival scene

In early afternoon, after a briefing, distribution of cleanup kits, and speeches on responsible solid waste management and the importance of a clean, healthy, sustainable environment, the cleanup began.

Registered participants reached 154, including the Philippine Marines, Boy Scouts of the Philippines, Manila Metropolitan Group, Cavite Volunteer Group and Individual volunteers.

The youngest participants were a 13-year-old girl and a 6-year-old girl, but the oldest was a 67-year-old man and a 40-year-old woman.

Volunteers spent about five hours collecting garbage in the vicinity. Some struggled with the masses of dead seaweed washed ashore. Others turned up with water items such as a broken plastic bottle.

Others showed the same underwater as a mass of tangled plastic debris and significant waste and contributing to the current life living conditions.

The volume of trash amounted, weighed about 1,800 kg, or 345 kg. And to think they collected mostly of lightweight materials like plastic and Styrofoam.

The garbage was collected and put in sacks. Most of the items collected were made from plastic and Styrofoam.

The most unusual, found by Reyes, were two big bottles with water inside. The bottles were supposed to be used for drinking during the cleanup. The road, that is, a road in rain, and everybody took the bottles as everyone assembled the power in Marikina Bay.

One wonder is the cleanup if they were allowed to continue the Las Casas de Cala Buena.



MARINES collect trash.



DRMS prepare clean gear.



MARINES and civilians register for the cleanup drive.



GOV OF Cebu Malibol interacts with Ray Bascos.



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LIFE STYLE



Children 'inherit' parents' eating habits

By Cathy S. Baker-Gubala
Contributor

THE PARENT'S influence on a child's nutrition could not be emphasized enough.

In a symposium on "Stress and Children's Nutrition" in Bangkok, Thailand, sponsored by the Philippines, speakers from around the globe presented studies on the effects of stress on a child's eating habits. A child's nutritional state is closely related to his/her physical and mental development and, clearly, parents' children's eating patterns are strongly influenced by their family's habits.

All over Asia today there is a rise in the number of working mothers. Most children are left in the care of nannies or other relatives. Morning are stressful times in many households where breakfast is more often than not, rushed as the children set off for school.

Example

Often, parents themselves are the example of poor eating habits—a quick gulp of coffee and a slice of toast. Many families now rarely sit together to begin the day as in the symposium, Oscar Sanchez-Gonzalez, MD, a child psychiatrist from Mexico, said stress was an understandable aspect of the Mexican condition. "The way of being makes the big difference in adaptation."

Chenise Allen, Guerrero explained, described anxiety (from disease and increased threat of infection past industry in the upper respiratory pathways of children. This is probably the reason why during respiratory periods and other stressful times, children breathe more consistently to cough, sniffs and other respiratory indicators.

"There is one of the most important element in children's lives: their emotional requirements are greater. For example, fever increases the metabolic rate by 13 percent for each increase in temperature over 37.5° Celsius," Guerrero explained.

He added that the immune system was

What a child eats at breakfast has a great impact on how he does in school that day

also compromised. Guerrero said physiological processes were tightly connected to mental processes, and both contributed to a successful response to stress.

"Stress begins to react to stress in a specific way even in childhood. How the mother, or the primary caregiver, reacts to the child is of utmost importance. Learning to stress is usually related to stress and to the way the child lives in or reacts with it," he said.

How a child begins his morning, specifically how he takes his first meal of the day, has a great impact on how he will function in school for the rest of the day.

Morning rituals

In a study on "Stressors, Stress and Cognitive Function in School Children" conducted by Prof. Keith A. Whitley of the Human Cognitive Neuroscience Unit at the Southampton University in the United Kingdom, results of a test on a group of 40 children showed that a high frequency of stressors was associated with poorer ability to concentrate. Parents' anxiety (anger) activated more memory and longer cognitive processing time than a low frequency of stressors.

This means that parents, in order for a child to function better in school, have to ensure a relaxed and peaceful morning as much as possible from the moment a child wakes up until he/she leaves for school. Enough sleep and adequate time to go through the morning rituals of bathing, dressing and eating breakfast are essential.

Vatican objection only boosts sales of 'Da Vinci Code'

ACCORDING to a Reuters news item published in another newspaper, "The Catholic Church has come out swinging against 'The Da Vinci Code,' dismissing as a collection of shameful unfounded lies the worldwide best-seller about the Vatican suppressing the 'truth' that Jesus had a child."

Cardinal Tarcisio Bertone, former deputy head of the Vatican Pontifical Council for the Doctrine of the Faith, was quoted as telling the people not to read or buy the book. The cardinal said, "There is a very real risk that many people who read it will believe that the fables it contains are true."

This warning by the good cardinal against Dan Brown's book is both ill-advised and futile for the following reasons:

First, the warning comes too late, as the news item clearly pointed out. The novel has become a publishing sensation.

Doubleday publisher said 25 million copies of the book had been printed in 44 languages since it was published in 2003. And it inspired about a dozen other books. To top it all, a movie based on the book is being made starring Tom Hanks and directed by Ron Howard. This will surely create more demand for the book.

Second, the more the Vatican tries to discourage people from reading the book, the more they will be curious about it. Those who have never heard of the book will now want to know what the fuss is all about.

If the Vatican is so much against it, there must be something interesting contained in it.

Look what happened to D.H. Lawrence's classic erotic book, "Lady Chatterley's Lover." When the Vatican put the novel in its Index of Forbidden Books, its sales shot up.

Third, we are living in an informa-

INNER AWARENESS

Jaime T. Licauco



Brown should feel very happy at this development rather than try to defend his book against attacks

tion age where everything and anything, from the profound to the profane, can be accessed through the Internet. There is no way the church can stop the free flow of information, unlike in the Middle Ages when only the church had access to books and other information. At that time, the church succeeded in suppressing information contrary to its beliefs.

An attempt to do the same is now sure to backfire. Any priest who thinks he can still control people's minds is asleep in a medieval dream world.

Apparently there are church officials who believe this is still the 13th or 14th century, during which the church relentlessly and mercilessly tortured and persecuted people whose opinions and beliefs differed from their official stand. So-called heretics and witches were tried by the mindless Inquisition courts and

hundreds of thousands were burned at the stakes, including Joan of Arc.

The current attempt by the Vatican to suppress "The Da Vinci Code," or at least discourage people from reading it, will ensure greater sales and demand for it. Dan Brown should thank the Catholic hierarchy for this. He should feel very happy at this development rather than try to defend his book against attacks.

The church has always been anti-intellectual. It stifles dissent and intellectual debate on religious issues and doctrines. It only encourages total and blind acceptance of its pronouncements and considers as heretics anybody who differs from its official stand.

There was a time when the works of such thinkers as John Locke, Jean Paul Sartre, Voltaire and even scientist Blaise Pascal were included in the Index of Forbidden Books.

In the Philippines, a former congressman challenged recently a Catholic bishop to a public debate on pending bills on population. The bishop, expectedly, declined.

Bishops and priests are not used to being questioned about their pronouncements, no matter how outdated, erroneous or incredible they are. They are used to having the faithful accept them blindly. When they will wake up to the reality of the 21st-century information explosion is anybody's guess.

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Children inherit...

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in preparing the child for his/her day in school.

Weanes also reported on his study about the role of breakfast in attention and memory. The Farmhouse Breakfast Week study, a nationwide study conducted in the UK in 2004, confirmed the findings of Weanes' earlier research on Andalusian children.

"Children concentrate better and learn more if they have breakfast. The attention span develops and improves dramatically from 6-12 years of age, which is a crucial time to maintain the health of children."

Most stressful

Unfortunately, this is also the age when children are most stressed and rushed each day as they prepare for school. The elementary school years are usually the years when children are most difficult to feed in the mornings. As the studies have shown,

such behavior has a negative impact on their physical development and affects their work in school. Even more worrisome is a child who hardly takes anything for breakfast and is, at the same time, the recipient of stress from his parents and caregivers.

The symposium underscored that more than anyone else, parents were their children's role models in coping with the different stressors in their environment.

Mealtimes should be pleasant times and could be used as a time to bond with children and to catch up on what was going on in their lives.

Parents should make the moments with their children count, using them as occasions to instill good eating habits that will be with them through life.

Vitamins are essential in filling the gaps in their nutrition and diet. Stress-free mornings and a hearty breakfast are therefore very important in producing a happy and healthy child.

Dark patches may be more than sunburn

MEGA We Care's Pynocare is an oral capsule to be taken twice a day to block the excess production of melanocytes that cause melasma.

Melasma is a skin disorder characterized by the discoloration of certain parts of the face, and is especially common among women who live in tropical climates like Asians.

Unlike sunburn that may cause redness of the whole face, dark patches caused by melasma occur only in certain areas, like the cheeks, forehead, upper lip, nose bridge and jaw line.

Sunburn also disappears in one to two months. Melasma, on the other hand, develops over a long period of time—from three to four years. Sunburn also disappears and normal skin color returns after a month or two, but dark patches due to melasma remain for a long time.

But like sunburn, melasma is caused by over-exposure to the hot sun. In the Philippines, however, Sachin Pagey, country manager of Mega Products Unlimited Philip-

pines, says dermatologists claim the use of certain cosmetics or very cheap astringents also cause the problem.

Mega Products Unlimited Philippines is the Philippine branch of Mega We Care, a Thailand-based healthcare company.

Patients suffering from melasma usually undergo laser treatment or diamond peeling. But Pagey says they do not address the root cause and, hence, the chances of recurrence are high.

Mega We Care's own research has found that melasma is now prevalent among 40 percent of women in Southeast Asia.

The capsule Pynocare was reported to have been successful in over 200,000 cases of women with melasma in countries like Thailand, Singapore, and Indonesia.

Apart from combating melasma at its roots and giving protection against free radicals (damaging substances caused by disease, pollution, etc.) that trigger its appearance, Pynocare also repairs and strengthens the skin. It soothes inflammation, strengthens skin capillaries, and improves microcirculation.

One Pynocare capsule consists of procyanidin, a French maritime pine bark Extract and one of the active compounds of Pynogenol, a potent anti-oxidant; ascorbic acid or Vitamin C; Vitamin A; and Vitamin E. The overall combination of these ingredients reportedly make Pynocare 50 times more potent than Vitamin C and 20 times more potent than Vitamin E. Another substance, Actosome, ensures better absorption.

A clinical study showed Pynocare had an 85-percent efficacy in reducing the size and intensity of melasma in eight weeks. No side effects were observed.

Call 8942830 loc. 403.



PYNOCARE capsule